

Electronic Vapor Product Use in CPS

What Parents Should Know



Student Health
and Wellness

MYTH:

“ELECTRONIC VAPOR PRODUCTS (EVPS), OR E-CIGARETTES, ARE **SAFER** THAN TRADITIONAL TOBACCO PRODUCTS”

FACTS:

- Contain **heavy metals** and high levels of **nicotine**
- **Harm** the developing **brain**
- Associated with **higher levels** of **depression and anxiety** in youth



DID YOU KNOW?



E-cigarettes are the **most commonly** used tobacco product among middle and high school students in the United States

AMONG HIGH SCHOOL STUDENTS IN 2023:

30.2%

have ever used an EVP

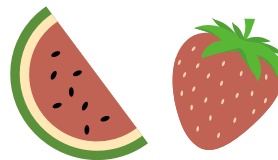


12.3%

have used an EVP in the past 30 days

89.4%

reported trying a non-tobacco flavored EVP for the first time



More than half reported **trying to quit** tobacco products (including EVPs)

CURRENT EDUCATION AND POLICIES

In CPS classrooms...

59.8%

OF MIDDLE SCHOOL TEACHERS

86.5%

OF HIGH SCHOOL TEACHERS

... **taught about EVPs!**

ALL CPS SCHOOLS PROHIBIT TOBACCO AND NICOTINE IN ALL FORMS

See:

1. [Section VI of Board Policy](#)
2. [Comprehensive Student Substance Use Prevention and Intervention \(K-12\)](#)
3. [Student Code of Conduct](#)

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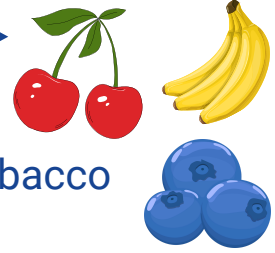
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Signs your child may be using EVPs:

- You may see unusual **pens, USB lookalikes**, or other devices
- You may observe an **unexplained scent** such as fruit/menthol/tobacco
- Your child has an **increased thirst** or **reduced caffeine craving**



RESOURCES AVAILABLE IN CPS

FOR PARENTS, CAREGIVERS, AND STAFF

- Parent and caregiver substance use **workshops**
- Health approach to substance use **trainings** for disciplinary staff
- “Vaping: Know the Truth” **course** by EVERFI (free for CPS educators)
- Screening, Brief Intervention, and Referral Treatment (**SBIRT**) **training** for school-based clinicians (developed by SAMHSA)



AVAILABLE EXTERNAL RESOURCES FOR PARENTS AND CAREGIVERS

IF YOU NEED HELP ACCESSING THESE RESOURCES PLEASE CONTACT: mentalhealth@cps.edu

[NOT for Me for Teens](#)



Online Vape Cessation Program

[This is Quitting](#)



Teens text DITCHVAPE to 88709 to enroll in the text messaging program

[SmokeFreeTXT for Teens](#)



Text QUIT to 47848

[“Me and Nic Broke Up”](#)

Chicago Department of Public Health (CDPH) vape cessation program for teens

[“Talk with your Teen about E-cigarettes: A Tip Sheet for Parents”](#)

Centers for Disease Control (CDC) guideline for parents talking to teens about e-cigarettes

SOURCES:

1. 2023 Youth Risk Behavior Survey (Chicago). Centers for Disease Control and Prevention.
2. 2022 School Health Profiles Survey (Chicago). Centers for Disease Control and Prevention.

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